Present were: Chair S. Strickland, L. Armstrong, T. Cowan*, D. Craig*, R. Deutschmann*, T. Galloway, J. Haalboom*, R. Kelterborn, G. Lorentz, J. Mitchell*, K. Seiling, J. Wideman* and C. Zehr

Members absent: J. Brewer, B. Halloran and C. Millar

DECLARATIONS OF PECUNIARY INTEREST UNDER THE MUNICIPAL CONFLICT OF INTEREST ACT

None declared.

* T. Cowan joined the meeting at 1:08 p.m.

PRESENTATIONS

REPORTS – Planning, Housing and Community Services

i) P-11-060, Regional Forests – Overview

Rob Horne, Commissioner, Planning, Housing and Community Services, provided comments and introduced, Albert Hovingh, Principal Planner, Environmental and Stewardship Planning, and Conestoga College students Nic Webber and Chad Martin, who gave a presentation to the Committee; a copy is appended to the original minutes.

* J. Mitchell and J. Wideman joined the meeting at 1:09 p.m.
* J. Haalboom joined the meeting at 1:10 p.m.

A. Hovingh shared some general facts about the 16 regional forests managed by the Region since 2001 and summarized the property and management activities, which include the installation of kiosks, gates, parking, memorial cairn and boardwalks. He acknowledged the partnerships with the Waterloo Cycling Club, Conestoga College and the Waterloo Stewardship Network and highlighted the popularity of the landfill cycling trails and the Trail Days events.

C. Martin and N. Webber provided an overview of the re-construction of the Sudden Boardwalk project. They highlighted the re-design process, the cost effective design and the materials used. A. Hovingh concluded the presentation by identifying the next steps, which include a management plan for each forest and continued development of community partnerships.

Received for information.
INFORMATION/CORRESPONDENCE

a) Memo: Update: Online Application for Social Assistance

David Dirks, Director, Employment and Income Support, and Leslie Perry, Manager, Program Development and Intake, provided an update of the May 16th launch of the online application initiative, including the application and evaluation processes.

* R. Deutschmann left the meeting at 1:24 p.m. and returned at 1:30 p.m.

In response to Committee inquiries about access, processing times and fraud protection, D. Dirks advised that the online application offers options for clients, better customer service and is secured by a post-online application verification meeting with staff.

Received for information

REPORTS – Public Health

a) PH-11-033, Perceptions of Youth in Waterloo Region: Report on Focus Groups Conducted with Youth

Dr. Liana Nolan, Commissioner/Medical Officer of Health, introduced Ishan Angra, Public Health Planner, and youth guest, Stephanie Vigil, who gave a presentation to the Committee; a copy is appended to the original minutes.

I. Angra and S. Vigil shared an overview of the research methods, the youth participants and the findings of the focus groups conducted. They advised that the findings will inform youth engagement priorities, provide opportunities for collaboration and assist in developing a youth engagement strategy.

Received for information

b) PH-11-027, 2010 Public Health Annual Report

Dr. Nolan introduced Sharlene Sedgwick Walsh, Director, Healthy Living Planning and Promotion, who provided highlights of the annual report.

Received for information

c) PH-11-028, Funding from Province for Bed Bug Coordination Efforts

Dr. Nolan introduced Dave Young, the new Director of Health Protection and Investigations. She introduced Sarah Ames, Public Health Planner, who gave an overview of the report. S. Ames advised that the approved provincial one-time funding must be spent by end-March 2012 and will be focused on education outreach and support for vulnerable communities.

* D. Craig left the meeting at 1:47 p.m.

In response to a Committee question about the management of mattresses at landfill sites, D. Young stated that staff will work with community partners to develop strategies, citing education as a program focus.
MOVED by T. Cowan  
SECONDED by T. Galloway

THAT the Region of Waterloo Public Health use funding from the Province to mobilize and coordinate local efforts against bed bugs, pursuant to Report PH-11-028, dated June 7, 2011;

AND THAT the 2011 Operating Budget for Public Health be increased by $173,552 gross and $0 net Regional levy as outlined in Report PH-11-028.

CARRIED

d) PH-11-029, Allocation of Stipends to Dr. Ronald Sax Scholarship Fund

Anne Schlorff, Director, Central Resources, addressed the Committee, providing a summary of the report. She advised that 3 scholarships have been awarded to date.

MOVED by T. Galloway  
SECONDED by R. Deutschmann

THAT the Regional Municipality of Waterloo approve the allocation of stipends related to the supervision of medical residents from McMaster University by the Medical Officer of Health and the Associate Medical Officer of Health to the Family and Children’s Services of the Waterloo Region Foundation for the Dr. Ronald Sax Scholarship Fund, as outlined in report PH-11-029 dated June 7, 2011.

CARRIED

e) PH-11-030, Rabies Prevention and Control Program Update

Received for information

f) PH-11-031, Healthy Babies Healthy Children 2010 Statistics and 2011 Service Plan and Funding Update

Andrea Reist, Director, Child and Family Health, provided highlights of the report.

MOVED by L. Armstrong  
SECONDED by J. Haalboom

THAT the Regional Municipality of Waterloo approve the 2011 Healthy Babies Healthy Children Service Plan for the delivery of the Healthy Babies Healthy Children Program in Waterloo Region for submission to the Ministry of Children and Youth Services, according to the parameters outlined in report PH-11-031, dated June 7, 2011.

CARRIED

g) PH-11-032, Bullying Awareness and Prevention Project

A. Reist summarized the activities and project-end achievements of the 8-year initiative and acknowledged Public Health staff involved. She indicated that schools have acquired an increased capacity to address bullying in their respective school communities, based on the resources provided by Public Health staff.
In response to a Committee inquiry about measurable successes, Lindsay Steckley, Public Health Planner, highlighted the positive changes, specifically the decreased incidents of bullying.

In response to Committee questions about next steps and best practices, Tori Fitton, Public Health Nurse, advised that Public Health has met with the Ministry of Education to share the Imagine framework and local experiences. Information resources will continue to be available on the Public Health website. Staff responded to Committee questions regarding the profile of a youth bully, the influence of technology and accountability issues.

Received for information

REPEATS – Social Services

h) SS-11-025, The Region of Waterloo Seniors Advisory Committee

Gail Kaufman Carlin, Acting Commissioner, Social Services, introduced the report. She stated that area municipalities have been consulted during the preparation of the report and have vetted the Terms of Reference.

MOVED by J. Wideman
SECONDED by R. Deutschmann

THAT the Regional Municipality of Waterloo establish the Region of Waterloo Seniors Advisory Committee and

a) Approve the Terms of Reference for the Region of Waterloo Seniors Advisory Committee, as attached as Appendix A, and;

b) Appoint Jean Haalboom as the Council representative for the Region of Waterloo Seniors Advisory Committee for the current term of Council as outlined in report SS-11-025, dated June 7, 2011.

CARRIED

OTHER BUSINESS

a) Council Enquiries and Requests for Information Tracking List was received for information.

NEXT MEETING – June 21, 2011

ADJOURN

MOVED by R. Deutschmann
SECONDED by J. Haalboom

THAT the meeting adjourn at 2:15 p.m.

CARRIED

COMMITTEE CHAIR, S. Strickland

COMMITTEE CLERK, S. Natolochny

990365
FIGURE 1
REGIONAL FORESTS IN THE
REGIONAL MUNICIPALITY OF WATERLOO

<table>
<thead>
<tr>
<th>Regional Forest Name</th>
<th>Open to Public</th>
</tr>
</thead>
<tbody>
<tr>
<td>1   Cambridge Landfill</td>
<td>N</td>
</tr>
<tr>
<td>2   Dean's Lake</td>
<td>N</td>
</tr>
<tr>
<td>3   Doon</td>
<td>Y</td>
</tr>
<tr>
<td>4   Doon Heritage Crossroads</td>
<td>Y (w/ museum admission)</td>
</tr>
<tr>
<td>5   Drynan</td>
<td>Y</td>
</tr>
<tr>
<td>6   Gibney</td>
<td>Y</td>
</tr>
<tr>
<td>7   Hilborn Knoll</td>
<td>Y</td>
</tr>
<tr>
<td>8   Kitchener Landfill</td>
<td>Y</td>
</tr>
<tr>
<td>9   Macon</td>
<td>Y</td>
</tr>
<tr>
<td>10  Ops Centre</td>
<td>N</td>
</tr>
<tr>
<td>11  Petersburg</td>
<td>Y</td>
</tr>
<tr>
<td>12  Sandy Hills</td>
<td>Y</td>
</tr>
<tr>
<td>13  Sudden</td>
<td>Y</td>
</tr>
<tr>
<td>14  Townline</td>
<td>Y</td>
</tr>
<tr>
<td>15  Walker Woods</td>
<td>Y</td>
</tr>
<tr>
<td>16  Waterloo Landfill</td>
<td>Y (Waterloo Cycling Trails)</td>
</tr>
</tbody>
</table>

* Regional Airport excluded from Forest Management Plan
Regional Forest Facts

• 16 Regional Forests and Woodlands 435 ha (1100 acres)
• Acquired 1944-2003
• 12 accessible/open to public
• Located in 6 local municipalities (none in City of Waterloo)
• Managed by province 1950-1996; active management by Region began in 2001
• Annual Regional budget - $39,700
<table>
<thead>
<tr>
<th>PROPERTY NAME</th>
<th>Barrier Gate(s)</th>
<th>Kiosk</th>
<th>Parking Lot</th>
<th>Other</th>
<th>Notes</th>
<th>Forest Management</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Partnership - WSN</td>
<td>Thinning marking; buckthorn control</td>
</tr>
<tr>
<td>Drynan</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Partnership - WSN</td>
<td>Plantation removal, replanted with native hardwoods</td>
</tr>
<tr>
<td>Petersburg</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td></td>
<td>Stewardship Agreement – WCC trails</td>
</tr>
<tr>
<td>Sandy Hills</td>
<td>Y (4)</td>
<td>Y</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sudden</td>
<td>Y (3)</td>
<td></td>
<td></td>
<td>Boardwalks</td>
<td>Trail benches donated</td>
<td></td>
</tr>
<tr>
<td>Walker Woods</td>
<td></td>
<td></td>
<td></td>
<td>Cairn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waterloo Landfill</td>
<td>Y</td>
<td>Y</td>
<td></td>
<td></td>
<td></td>
<td>Stewardship Agreement – WCC trails</td>
</tr>
<tr>
<td>Hilborn Knoll</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Oak savanna management</td>
</tr>
</tbody>
</table>
Barrier Gates

Sign Kiosks

Donated bench at Sudden

Cairn at Walker Woods
Hilborn Knoll Savanna Restoration
Petersburg and Waterloo Landfill Cycling Trails
WCC Trail Days
Regional Forests: Next Steps

- Completion of Operating Management Plans
- Ongoing Forest Management
- Continue Property Management
  - Gates, Kiosks & Maps
  - Trails
  - Hazard Trees
  - Sudden Boardwalk
- Opportunities for Partnerships
  - College/Universities, Neighbouring Landowners, Recreational Groups, Waterloo Stewardship Network
Perceptions of Youth Health in Waterloo Region: Report on Focus Group Conducted with Youth

Report of Findings

June 7th 2011
Introduction

• In 2010, Region of Waterloo Public Health, in partnership with the Youth Engagement Advisory Group, created a plan for youth engagement in Waterloo Region to engage youth in the region in the planning and promotion of youth health.

• Youth Engagement Advisory Group is comprised of both youth from Waterloo Region and the following community partners:
  • The Heart and Stoke Foundation
  • The Wellesley Township Community Health Centre
  • The Z Beside the Y
  • The City of Kitchener
  • The Canadian Mental Health Association
  • The Ministry of Citizenship and Immigration
  • 3 Community Youth Representatives
Research Process

• Seventeen focus groups were conducted with 125 participants aged 12-24 to gather information on youth's perceptions about health.

• Themed results will inform health-based youth engagement by youth programs across the region.

• Included a diverse representation of youth from Waterloo Region:
  • Kitchener (37%), Cambridge (35%), Waterloo (19%) and the four townships (10%)
Discussion of Findings

Healthy Eating
- Knowledge, availability and convenience is supportive to healthy eating
- School environment and advertising of fast food is identified as a barrier to healthy eating

Physical Activity
- Amount of time spent is largely determined by the interests of their friends
- Youth prefer physical activity that is fun, incorporated into their daily lives, organized after school for convenience

Injury Prevention
- Planning ahead was recommended to reduce risks of certain activities (sports, driving, attending parties)
- Physical and verbal abuse connected to bullying is a concern in schools
Discussion of Findings

Drug and Alcohol Misuse Prevention

• Unaware of, or underestimate the risks associated with drinking because of its social acceptability
• Youth abstain by personal decision-making, being part of a social group that does not encourage use and seeing the ill affects amongst their peers
• Planning ahead is identified as an effective strategy to reduce risks such as safe party planning or being with trusted friends

Tobacco Use and Exposure

• Pathways to use; social group influence, relieves stress, rebelliousness, social aspect during work breaks
• Barriers to use include; physical effects, public spaces bylaws, parents role-modeling, health effects to someone close to them
• Students smoking at school models tobacco use to younger students
Mental Health

• Major causes of mental health difficulties are stressed relationships (parents, romantic partners and friends) and the large amount of expectations placed on youth
• Negative coping mechanisms include using drugs or ignoring the problem
• Positive coping mechanisms include distracting themselves with an activity they enjoy or talking to a friend
Next Steps

• Report findings will inform youth engagement program priorities

• Region of Waterloo Public Health staff has formed a youth engagement planning committee and will develop future collaboration opportunities with youth engagement

• The long-term goal is to create a youth engagement strategy for the Healthy Living, Planning and Promotion division and to seek collaboration opportunities across the department

• External partnerships (e.g. Youth Engagement Advisory Committee) will continue to support youth engagement health initiatives in Waterloo Region